

# High Volume Injection (HVI) for tendinopathy

Information for patients

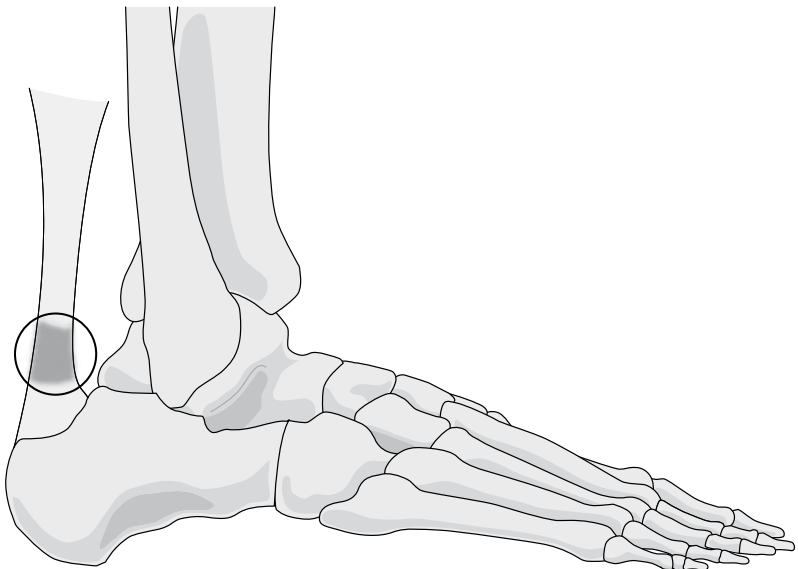




## What is tendinopathy?

Tendinopathy occurs when a tendon is unable to adapt to the strain being placed upon it. This leads to repeated small amounts of damage within the tendon fibres, and results in the tendon trying to heal itself in response to the strain. Exactly why this should happen is not completely understood.

As part of the healing process, tiny new blood vessels grow from the tendon sheath into the tendon itself, in a place where no blood vessels exist in a healthy tendon. They bring with them new nerves; these are responsible for much of the pain that comes with tendinopathy.



Example: Achilles tendinopathy

## What is a High Volume Injection and how can it help?

The procedure involves using ultrasound guidance to inject a fairly high volume of solution (30-40mls) into the space between the tendon and the tendon sheath, where the new blood vessels and nerves travel. This solution contains normal saline (salt in water) and local anaesthetic. The solution separates and breaks off the vessels and nerves by gently pushing the tendon sheath away from the tendon itself. This helps to reset the ineffective healing process and reduces your pain.

## What can and what can't I do after a High Volume Injection?

- You should not go home on public transport after this procedure. You will need to be taken home by car. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.
- You do not need to avoid using your leg all together but try to walk as little as possible for 48 hours after the injection – only walk when necessary.
- Restart eccentric exercises from level 1 after 7 days, then progress from level 1 according to the programme in your exercise booklet.

Only introduce plyometrics and impact activities once your eccentric exercise programme is complete.

Please email or write to OxSport 6 weeks after the injection, to report on your progress. (See page 6 of the leaflet for contact details.)

## Are there any side effects?

As part of the injection is a local anaesthetic, you may experience numbness after the procedure. This should wear off within the next 24 hours. Occasionally this may be followed by increased pain for a short period of time.

A serious, but rare complication is infection of the skin or tendon, which results in redness, pain, swelling and warmth when you touch it. If you think you may have an infection please see your GP as soon as possible.

The injection works well for over 50% of people who have failed to make progress with their exercise programme. In a minority of people, a repeat High Volume Injection may be required. This is one of the reasons we ask you to contact us 6 weeks after your High Volume Injection, to tell us how you are getting on.

## When can I get back to sport and exercise after the High Volume Injection?

You can return to your sports and exercise after you have completed your rehabilitation programme and a graduated return to sport programme, as guided by your physiotherapist.

Do not go back to doing sport or vigorous exercise straight after your High Volume Injection, even if you have no pain in your tendon. Your tendon will feel better after the High Volume Injection because the pain has been removed by the anaesthetic and action of the solution, not because your tendon has been mended. It is therefore vital that you complete the full course of rehabilitation, to allow your tendon to repair properly. Putting strain on it too soon can put your tendon at risk of rupturing.

## Contact details

For enquiries relating to your appointment or advice about your physiotherapy, please call the following numbers:

Appointments: **01865 737 871**

Physiotherapy: **01865 738 074**  
(9am to 5pm, Monday to Friday)

### **Our address:**

OxSport  
Nuffield Orthopaedic Centre  
Windmill Road  
Headington  
Oxford OX3 7LD

**Email:** [oxsport@ouh.nhs.uk](mailto:oxsport@ouh.nhs.uk)

This email is not checked every day, but we usually reply within a few days.

**We are not an emergency service.** If you require urgent attention please see your GP or go to your nearest Accident and Emergency department.



If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALSJR@ouh.nhs.uk](mailto:PALSJR@ouh.nhs.uk)**

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